

# NUTRITION

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## Tips To Reduce Fat and Cholesterol in Your Diet

1. Season vegetables with herbs and spices instead of fatty sauces, butter or margarine.
2. Try flavored vinegars or lemon juice on salads or use smaller servings of oil-based or low-fat salad dressings.
3. Try whole-grain flours to enhance flavors of baked goods made with less fat and fewer or no cholesterol-containing ingredients.
4. Replace whole milk with low-fat or skim milk in puddings, soups and baked products. Consider switching to soy milk.
5. Substitute plain low-fat yogurt or blender-whipped low-fat cottage cheese for sour cream or mayonnaise.
6. Choose lean cuts of meat, and trim fat from meat and poultry before and after cooking. Remove skin from poultry before or after cooking.
7. Roast, bake, broil, or simmer meat, poultry and fish rather than frying.
8. Cook meat or poultry on a rack so the fat will drain off. Use a non-stick pan for cooking so added fat is unnecessary.
9. Chill meat and poultry broth until the fat becomes solid. Remove the fat before using the broth.
10. Limit egg yolks to one per serving when making scrambled eggs. Use additional egg whites for larger servings.
11. Try substituting egg whites in recipes calling for whole eggs. Use two egg whites in place of one whole egg in muffins, cookies and puddings.
12. Steam, boil, bake, or microwave vegetables rather than frying.



STATE HEALTH PLAN PREVENTION PARTNERS  
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